

3 AMENDMENTS TO CLAIMS

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5 1. (Previously Presented). A method of exercising a hand, said hand including fingers

6 and a palm, said method comprising the steps of

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8 (a) providing a doughnut-shaped, compressible, elastic exercise apparatus, said

9 exercise apparatus having a generally circular center line Y and a deformability

10 which permits one portion of the apparatus to be rotated by the fingers while

11 another portion of the apparatus is stationary;

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13 (b) grasping the exercise apparatus in the hand between the fingers and palm such that

14 a first portion of the apparatus is grasped by the fingers and a second portion of the

15 apparatus nests in the palm of the hand;

16 (c) moving the fingers to simultaneously

17 (i) displace said first portion toward said second portion, and

18 (ii) elastically rotate and twist said first portion about said centerline Y while said

19 second portion generally remains nested in and is prevented from rotating

20 by the palm.

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23 2. (Previously Presented). The method of Claim 1 wherein said first portion has a

24 generally circular cross sectional area and said cross-sectional area is reduced by

25 less than 5% during step (c).

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1 3. (Previously Presented). The method of Claim 1 wherein said first portion has a
2 generally circular cross section area and said cross-sectional area is reduced by
3 less than 20% during step (c).

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5 4. (Currently Amended). The method of Claim 1 wherein said exercise apparatus has
6 a durometer in the range of ~~40 to 50~~ 30 to 50.

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9 5. (Previously Presented). The method of Claim 1 wherein said exercise apparatus
10 includes a central opening having a diameter in the range of one and five-eighths
11 inches to two and one-eighth inches, and includes a generally circular elastic ring
12 circumscribing said opening and having a circular cross-section with a diameter in
13 the range of five-eighths to nine-eighths of an inch.

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16 6. (Previously Presented). A method of exercising a hand, said hand including fingers
17 and a palm, said palm including an upper portion, each of said fingers including a
18 lower portion, said method comprising the steps of
19 (a) providing a doughnut-shaped, compressible, elastic exercise apparatus, said
20 exercise apparatus having a generally circular center line Y and a deformability
21 which permits
22 (i) one portion of the apparatus to be rotated by the fingers while another
23 portion of the apparatus is stationary, and
24 (ii) said apparatus to arch elastically into the upper portion of the palm and the
25 lower portion of each of the fingers;
26 (b) grasping the exercise apparatus in the hand between the fingers and palm such that

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1. a first portion of the apparatus is grasped by the fingers and a second portion of the
2. apparatus nests in the palm of the hand;

3. (c) moving the fingers to simultaneously
4. (i) displace said first portion toward said second portion,
5. (ii) elastically rotate and twist said first portion about said centerline Y while said
6. second portion generally remains nested in and is prevented from rotating
7. by the palm, and
8. (iii) cause said apparatus to elastically arch into the upper portion of the palm
9. and the lower portion of each of the fingers.

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12. 7. (Previously Presented). The method of Claim 6 wherein said first portion has a
13. generally circular cross-sectional area and said cross-sectional area is reduced by
14. less than 5% during step (c).

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17. 8. (Previously Presented). The method of Claim 6 wherein said first portion has a
18. generally circular cross section area and said cross-sectional area is reduced by
19. less than 20% during step (c).

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22. 9. (Previously Presented). The method of Claim 6 wherein said exercise apparatus
23. has a durometer in the range of 40 to 50.

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25. 10. (Previously Presented). The method of Claim 6 wherein said exercise apparatus
26. includes a central opening having a diameter in the range of one and five-eighths
27. inches to two and one-eighth inches, and includes a generally circular elastic ring

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1 circumscribing said opening and having a circular cross-section with a diameter in
2 the range of five-eighths to nine-eighths of an inch.

4 11. (Previously Presented). The method of Claim 4 wherein said exercise apparatus
5 is fabricated from rubber.
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8 12. (Previously Presented). The method of Claim 9 wherein said exercise apparatus
9 is fabricated from rubber.